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EVERY BREATH YOU TAKE, APPLE WATCH ON YOU
WILL THE IPHONE MAKER'S NEW WEARABLE DEVICE SHOW THAT THEY STILL HAVE A KNACK FOR INNOVATION?
PAGE 10

Parking during plowing may see you paying $300

Know Your Zone.
Proposed doubling of fines intended as an 'incentive' to keep cars off the street during snow removal

BERNICE PONTANILLA
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Winnipeggers' wallets may be hit twice as hard if vehicles are left on the streets during snowplowing.

Members of the city's infrastructure renewal and public works committee voted Tuesday in favour of new measures aimed at improving the service, including raising the fines to $300 from $150.

Brad Sacher, director of public works, said the Know Your Zone program — in place for the past three years — has seen success, but increased compliance is necessary; that's why the fine hike is being proposed.

"We feel quite strongly that (it's an) incentive for people to move their vehicles, so we're not getting the calls from the residents saying, 'I moved my vehicle. How come that vehicle's been out there the last two times and nothing's happened?' Those are the kinds of things we need to address," he said.

However, support for the hike wasn't unanimous: Coun. Dan Vandal said citizens are "fined out" and voted against it.

"We've had a couple of brutal winters with lots of snow and, for whatever reason, the Know Your Zone communication is not being understood by too many Winnipeggers," said Vandal.

Sacher said the fines aren't a cash grab at all; they'd like to see full compliance and no fines handed out.

"That revenue from the tickets doesn't come back to the snow- and ice-control program; that's to cover the cost of the enforcement. Our goal would be to have no fines."

Moving on

The measures, which now move on to executive policy committee and city council for approval, include a reprioritization of sidewalks; an adjustment to the contract for Zone J in St. Vital; and a test area south of Broadway Avenue where each side of a street would be plowed on different days.

Brad Sacher, the city's director of public works, said that according to city stats, about 5,000 fines for parking offences are issued during each snow-clearing operation. BERNICE PONTANILLA/METRO

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FIVE THINGS YOU NEED TO KNOW TODAY

1
GRAND OPENING
Fashion-conscious and cash-strapped folks, take note: Discount, fashion-forward retailer H&M opens at Polo Park today at 11 a.m.

2
TWO SHOWS
Two musical acts are coming to Winnipeg in the fall: The Trews are here Nov. 10, and Sloan hits the River City Oct. 11.

3
REBUILDING GAZA
The deputy Palestinian prime minister said Tuesday that international donors are hesitant to fund the reconstruction of the Gaza Strip while Hamas stays in control there.

4
PARKING FEE: $1M
Parking spots under a New York building are going for roughly $1 million US each — proportionally more than the apartments above, at $5,000 to $6,666 per square foot.

5
NEW U2 ALBUM
Irish superstars U2 released their first album in five years, via iTunes on Tuesday. Apple announced it had sent Songs of Innocence for free to half a billion iTunes customers.

Nearly normal winter, Weather Network says

Frost bites. Sure it'll be cold, but not as cold as last winter

SHANE GIBSON
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The Weather Network is predicting roller-coaster temperatures for Winnipeg this fall, but at the end of the ride they say we are likely to see a winter of — drum roll please — nearly normal to just slightly below nearly normal temperatures.

They'll be awful, frigid and bone-chilling nearly normal temperatures, of course, but nothing like the record-setting stinker of a winter we saw last year.

"We're expecting temperatures to average out to below seasonal, but we're not expecting next winter to be nearly as cold as the last winter," said Weather Network meteorologist Elena Lappo, who gave Metro a sneak peek at what they're tracking for the winter months after releasing their annual fall forecast Tuesday. "Last winter ... averaged about five degrees below normal; we're not expecting such cold temperatures this winter, but they might end up averaging a degree or two below normal.

"It's good news, considering."

Good news indeed for those of us who survived last winter, when Environment Canada said we saw the chilliest average temperatures in more than 100 years.

As for fall, Lappo said Winnipeggers can expect temperatures in September, October and November to be near or just slightly below the seasonal average.

But like we saw this week, when the mercury dropped significantly from Monday to Tuesday, Lappo said our temperatures will likely yo-yo between warm and cool for much of the season.

"Fall is the season when we see the most dramatic changes in temperatures," she explained. "This type of temperature roller-coaster should continue for the rest of the fall with more warmer spells to come in September and early October and potentially very cold spells to come in late October and November."

Temperature range

Average temperatures in Winnipeg for September, October and November range between highs of 9.7 C and lows of –1.1 C.

SOURCE: THE WEATHER NETWORK

We could see warm temps one day, and snow the next, says the Weather Network about this fall season. ISTOCKPHOTO

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Havixbeck pledges to pull mobile photo radar off the streets

Paula Havixbeck calls mobile photo radar a "cash grab," and said she'd put an end to the controversial program if elected mayor.

"People are sick and tired of being robbed in this way," she said Tuesday.

"MPI stats show a decrease in the number of fatalities and accidents related to speed. So why are we issuing more tickets?"

Mobile cameras captured 74,897 speeding violations in 2013, an increase of 64 percent over the previous year. Police say new digital technology has allowed them to deploy the units in more locations.

But Havixbeck alleged that at many of those locations, vehicles are parked improperly, which could create a safety concern.

"What I'm proposing is that by working with the police chief and the police board that we come up with some better alternatives," she said.

Paula Havixbeck wants to pull photo radar vehicles off the street. COLIN FAST/FOR METRO

She suggests those alternatives could include installing more stationary cameras, placing cameras in new locations such as bridges, or increasing the number of officers doing traditional traffic enforcement.

Havixbeck acknowledged she doesn't know what it would cost to cancel the mobile component of the photo radar contract with Xerox Business Solutions Canada Inc., which runs until 2020. The city made a profit of $7.5 million from photo safety enforcement operations in 2013.

While the number of mobile photo radar tickets jumped last year, a recent police report on the program pointed out that these infractions are still down by 27.4 per cent compared to 2003.

COLIN FAST/FOR METRO

By the numbers

74,897

Number of speeding violations captured by mobile cameras in 2013.

University of Manitoba

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Mayoral candidate Brian Bowman announced a plan on Tuesday to encourage residential growth in downtown Winnipeg surface parking lots. SHANE GIBSON/METRO

Bowman wants 'vibrant, active' downtown area

Waging war on surface lots. Candidate releases plan to encourage residential growth

SHANE GIBSON
shane.gibson@metronews.ca

Fans of surface parking lots aren't going to like Brian Bowman's latest campaign pledge.

The mayoral candidate released a five-point plan Tuesday that he said would encourage residential development on downtown surface parking lots.

"Winnipeg needs a downtown that is more than a place to park," he told media at a press conference held atop the parkade at The Forks. "We need a vibrant, active, livable and safe downtown community."

To spur development, either residential or mixed use, Bowman said he'd work to make sure property tax rates on surface parking lots are consistent with the average property tax rate paid on properties downtown, something he'd need provincial approval to get done.

"We're going to work, obviously, with stakeholders, including the province, to see what's possible," he said.

Bowman also said he'd provide a temporary property tax freeze for any new residential or mixed-use developments on surface lots and create a new tax financing program to support the creation of those new homes funded through profits from the sale of city assets.

"We want the portion of the sale of city lands used to have development in the suburbs ... used to grow our city up and be more dense in the downtown," explained Bowman.

"The objective is to increase the population of people living in downtown by one-third ... within the next four years."

Bowman also vowed to establish new landscaping and safety standards for downtown surface parking lots.

$1M to $1.5M. Sanders proposes central traffic hub to allow real-time responses

Traffic engineers would be able to make real-time adjustments to traffic signal timing to respond to weather, accidents or congestion under a plan proposed by mayoral candidate David Sanders.

Sanders pledged to establish a centralized traffic management system that would connect road signals, cameras and in-road detection loops throughout the city into a nerve centre staffed by transportation experts.

"Using modern technology to manage our traffic controls can enable our existing street system to handle increased volumes of traffic and reduce the need for very expensive new road infrastructure," he explained.

According to a recent operational review of the public works department conducted by KPMG, a traffic management centre would cost anywhere from $1 million to $1.5 million.

Similar centres exist in several other cities, including Calgary, Edmonton and Ottawa.

Sanders also supports the city's draft plan to enhance cycling and pedestrian infrastructure, and promised immediate action on improving street signage and increasing amber signal times, as recommended by the advocacy group Wise Up Winnipeg.

"If the city is still using substandard amber times for higher speed locations, which increases the risk of accidents, then when I'm mayor, things are going to change faster than those amber lights," he said.

COLIN FAST/FOR METRO

Winnipeg Transit tweaks its smart cards system

Paying for fares.
Transit going with the simpler e-cash model

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Winnipeg Transit is delaying implementing smart cards in a bid to prevent confusion among users, a city committee was told on Tuesday.

Transit director Dave Wardrop said they're proposing the elimination of the e-ride fare category, a change in how e-cash fare pricing is determined, and a delay in the rolling out of the "one-ride safety net."

"What we're finding is that for vendors, for the public and for operators, it's confusing having the two categories," he said during the infrastructure renewal and public works committee meeting, adding that the implementation date was pushed back to spring from earlier in 2015.

"The e-ride was structured as sort-of the electronic equivalent of a bus ticket, whereas e-cash was a cash amount on the card."

Wardrop said Transit will now go with the simpler e-cash model to pay for fares.

Also, any increases to the base fare price will now go in effect on the day of, so users won't be able to pre-purchase rides like they did when they bought sets of tickets.

As for the "one-ride safety net," this would have allowed those with smart cards to essentially go one ride into debt before having to put more money on the card to pay for that ride and any subsequent ones. This feature, said Wardrop, was introduced in other cities and has caused difficulties, so they plan on rolling it out at a later date with a separate media campaign.

Simulator aimed at texters

Manitoba Public Insurance unveiled its new texting and driving simulator Tuesday. The new interactive technology, which is available online at yourlastwords.ca and as a portable event version, is designed to show young drivers the dangers of texting and driving.
COURTESY MPI

Frozen pipes. Water bills to see further adjustment, city official says

Some residential and commercial water bills have come back higher than expected in the wake of the frozen pipes emergency, forcing a city committee to amend an earlier order to waive the cost.

Diane Sacher, the city's director of water and waste, told members of the infrastructure renewal and public works committee that about 400 accounts require the amendment to council's order back in April.

"When we were adjusting the accounts of the 10,000 (in total), there were about 400 accounts where the adjustment that was approved in April didn't fit," Sacher said during Tuesday's meeting, where the committee approved the amendment to 15 cubic metres for residential and 24 cubic metres for commercial.

"The 1.5 cubic metre just wasn't enough, so we're asking for an adjustment over and above what was approved in April."

Quoted

"There were about 400 accounts where the adjustment ... didn't fit."
Diane Sacher, director of water and waste

A city report states that certain homeowners who had experienced frozen pipes multiple times were asked to run the taps in a bigger quantity than the recommended straw-sized amount.

This same report estimates the cost to the city to be $25,000.

Sacher also responded to concerns Coun. Paula Havixbeck raised earlier in the meeting, saying that any homeowner concerned about his or her water bill can contact the utility billing centre.

Havixbeck said she's heard from constituents who believe they're being rebated on only a quarter of the water they were required to run.

BERNICE PONTANILLA/METRO

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Flying high. Drug use rising among pilots, study shows

Tests of pilots killed in plane crashes over more than two decades show an increasing use of both legal and illegal drugs, including some that could impair flying, according to a study released Tuesday by the National Transportation Safety Board.

The study examined toxicology reports for almost 6,700 pilots killed in crashes from 1990 to 2012. Not only did the share of pilots testing positive for a drug increase over that period, but the share of pilots who tested positive for multiple drugs increased as well.

Pilots testing positive for at least one drug increased from 9.6 per cent to 39 per cent, while positive tests for two drugs rose from two per cent to 20 per cent and three drugs from zero to 8.3 per cent.

Over the same period, new drugs were coming into use and the U.S. population was aging, creating greater demand for drugs. The toxicology tests "reflect tends in the general population and likely indicate a significant increase in drug use" by pilots as well, the study said.

The most common drug found in the tests was an antihistamine that causes drowsiness and is a key ingredient in many over-the-counter medications for allergies, colds and sleep.

Sedating antihistamines in general were found in 9.9 per cent of pilots tested during the last five years studied, up from 2.1 per cent of the cases during the early years examined.

The share of pilots testing positive for illegal drugs was small, but increased from 2.3 per cent to 3.8 per cent. The study attributed the increase mostly to greater marijuana use in the last 10 years.

THE ASSOCIATED PRESS

Investigators work at the scene of a single-engine plane crash on Tuesday in a field in Watertown, Conn. JIM SHANNON/THE ASSOCIATED PRESS

Modern French women shy from 'le topless' days of old

A change of season. Elle poll finds what was once a feminist statement is now considered passé by young French women

In this 2014 photo, tourists take advantage of the Paris Plage event, an artificial beach set up on the right bank of the Seine river in Paris with palm trees, outdoor showers and hammocks. France's summer is fast becoming a memory, and so is one of its iconic beach sights: the topless woman. JACQUES BRINON/THE ASSOCIATED PRESS

France's summer is fast becoming a memory, and so is one of its iconic beach sights: the topless woman.

As few as two per cent of French women under the age of 35 now say they want to bare their breasts, according to an Elle magazine poll this summer. It's a far cry from the once-ubiquitous scenes of seminudity on the French Riviera, epitomized by 1960s blond bombshell Brigitte Bardot.

"It's seen as vulgar. People are more prudish these days," explains 60-year-old Muriel Trazie, keeping her breasts out of the public eye while sunning herself on Paris Plages, the French capital's summer beach.

Sandra Riahi, 22, in a bikini, chimed in: "I've never done it. I'd be too embarrassed."

In the 1960s, it took a country like France to make feminism sexy — and women did it by going topless on the beach. "Men don't have to wear bikini tops, so why should we?" the feminists cried. The boundary-breaking became risqué trend-setting — when photos of La Bardot posing topless in the Cote d'Azur were beamed around the world.

When France stood up to a conservative backlash and refused to ban topless bathing in the 1970s, wearing the "monokini" — the bikini bottom without the top — became a symbol of Gallic pride.

But times change, and so do bathing suits. Some link the demise of "le topless" to a simple change in French fashion styles — with a recent trend for full swimsuits, and ones that accentuate the bottom. But sociologists claim that the trend should be taken more seriously, with some suggesting that French women have forgotten the achievements of feminism.

"French young women today are more conformist. They've already attained freedom.... So they've gotten lazy and taken it for granted," said Jean-Claude Kauffman, author of Women's Bodies, Men's Gaze — Sociology of Naked Breasts.

Nathan Assouline, a 22-year-old beach monitor, said some could be discouraged by the rise of phone cameras for fear their photos may end up on social media.

"I see lots of old men loitering around here," he said. "I have to stop them from taking photos on their phones. It happens all the time."

THE ASSOCIATED PRESS

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$4 per year. First Nations take governments to court over stagnant benefits

The annual payment of $4 to members of First Nations under an 1850 treaty has not been increased in 140 years and that is unfair, a group of chiefs is arguing as it takes the federal and Ontario governments to court.

The chiefs from the Robinson-Huron Treaty territory say the Anishnabek agreed under the treaty to share their lands and resources with newcomers and in return the Crown would pay annuities that were supposed to increase over time. But, they say, the last increase was in 1874 and they still receive just $4 per year.

"The Robinson-Huron Treaty anticipates and provides economic benefits for us in perpetuity," Chief Dean Sayers wrote in a statement.

"The annuity was intended to be our revenue stream, our share of the wealth generated by revenues from our territory, yet many of the beneficiaries live in poverty. This is not what our ancestors and the Crown agreed to." THE CANADIAN PRESS

Bill C-36

Prostitution laws will protect sex workers: MacKay

Until the sex trade in Canada can be eliminated, federal laws should provide safer working conditions for sex workers, Justice Minister Peter MacKay said Tuesday.

Bill C-36 does just that, he argued — a position that continued to draw sharp criticism from some advocacy groups Tuesday at the first day of Senate hearings into the proposed law.

The new law would make prostitution illegal, but with a caveat: It provides legal immunity for those who sell sex. THE CANADIAN PRESS

Lost Franklin Expedition ship discovered in Arctic waters

John Geiger, president of the Royal Canadian Geographical Society, holds an iron fitting, identified as a davit from a ship, in Ottawa on Tuesday. The artifact is being noted as the key piece of evidence that led to the discovery of a ship, seen in the inset sea-floor scan, that is believed to be one of two wrecked during the doomed Franklin Expedition of 1845. SEAN KILPATRICK/THE CANADIAN PRESS

'A really important day.' Hunk of metal leads to 'historic' break in one of the most enduring Canadian mysteries

The key to unlocking the mystery of the missing Franklin Expedition came just days ago when a coast guard helicopter pilot spotted a dark U-shaped object in the Arctic snow.

The time-ravaged hunk of metal bore the markings of the Royal Navy. It was a davit — part of a lifting mechanism, likely for a lifeboat, for one of the two lost Franklin ships.

On Tuesday, the davit sat on display in Parks Canada's Ottawa laboratory, the only tangible link to one of the most enduring mysteries in both Arctic and Canadian history.

The remarkable find completes one half of a puzzle that gave rise to many searches throughout the 19th century.

The search team confirmed the discovery in the early morning hours of Sunday using a remotely operated underwater vehicle recently acquired by Parks Canada. It is not known yet whether the ship is HMS Erebus — the flagship on which Franklin himself was sailing — or HMS Terror.

Prime Minister Stephen Harper, who recently came close to the search area on his annual northern trip, could barely contain his delight Tuesday as he delivered news of the "great, historic" breakthrough.

"I'd say it's been the subject of scientists and historians and writers and singers," Harper said. "So I think we have a really important day in mapping together the history of our country." THE CANADIAN PRESS

Quoted

"For more than a century, this has been a great Canadian story and mystery."
Prime Minister Stephen Harper

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Flight 17. Dutch report says plane hit in midair

A child's jump rope, its yellow handles blistered and charred. A burned book in Tagalog. Chunks of twisted fuselage. More than seven weeks after being shot from the sky, the wreckage from Malaysia Airlines Flight 17 still lay strewn Tuesday across the fields of eastern Ukraine.

As evidence of the July 17 aviation disaster that killed all 298 people on board remained exposed to the elements, investigators hundreds of miles away in the Netherlands — who have not yet visited the crash site because it is deemed too dangerous — released a preliminary report that left key questions unanswered.

The plane had no mechanical or other technical problem in the seconds before it broke up in the sky after being struck by multiple "high-energy objects from outside the aircraft," the report said.

There were multiple punctures in the cockpit and front section of the fuselage, it said — damage that could be caused by a missile that detonates in front of its target and peppers it with small chunks of metal.

THE ASSOCIATED PRESS

Pakistan, India

Raging floods kill hundreds

Monsoon floods sweeping across India and Pakistan have killed more than 440 people, authorities said Tuesday, warning hundreds of thousands more to be prepared to flee their homes as helicopters and boats raced to save marooned victims.

Authorities in Pakistan say the floods, which began Sept. 3, are the worst since massive flooding killed 1,700 people in 2010. Pakistan's minister for water and power, Khwaja Mohammad Asif, warned parliament that some 700,000 people have been told to leave their homes, which could be inundated in the next four days. THE ASSOCIATED PRESS

Obama hints he may extend U.S. campaign against ISIS

Broader strategy. May include more wide-ranging airstrikes against targets in Iraq and possibly Syria

In this Sept. 4 file photo, U.S. President Barack Obama shakes hands with Jordan's King Abdullah II during their meeting at the NATO summit in Wales. As the U.S. looks to stitch together a coalition to tackle ISIS, the Obama administration will have to overcome the reluctance of Mideast allies who are deeply frustrated with a White House they believe has been naive, fickle and weak on Syria's civil war. CHARLES DHARAPAK/THE ASSOCIATED PRESS FILE

U.S. President Barack Obama told congressional leaders Tuesday that he has the authority he needs to carry out a broader campaign to root out the violent extremists in Iraq and Syria, a day before outlining his plans to the American people in a prime-time address.

The White House said the president told lawmakers that he still would welcome action from Congress that "would aid the overall effort and demonstrate to the world that the United States is united in defeating the threat" from the Islamic State of Iraq and al-Sham (ISIS). That could take the form of congressional authorization to fund counter-terrorism efforts, as well as train and equip more moderate elements of the Syrian opposition.

The president's broader strategy to confront the ISIS militants may also include more wide-ranging airstrikes against targets in Iraq and possibly in Syria.

The U.S. began launching limited airstrikes against ISIS targets in Iraq in August, action that occurred at the invitation of the Iraqi government but without specific authorization from Congress.

Even before Obama's meeting with congressional leaders, some lawmakers had suggested a vote on the president's plans was unlikely before the midterm elections in November.

THE ASSOCIATED PRESS

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Metro Winnipeg is committed to giving our readers information when they want it, how they want it. This is a free, one-stop shop to find out the ideas candidates in your neighbourhood have to fix the roads, fund transit, deal with poverty issues, keep our green space gorgeous, keep taxes in line, and their plan to be transparent.

Could last refuge for the lost end up killing with kindness?

Eva's Satellite. Toronto shelter takes in problem youth barred from other safe havens, but former staff say its leniency is putting everyone at risk

JESSICA SMITH CROSS
Metro in Toronto

Karen Tizzard, program manager at Eva's Satellite, stands in front of the youth shelter on Canterbury Place in North York on Tuesday. JESSICA SMITH CROSS/METRO

Ivory credits Eva's Satellite with keeping her alive, housed and mostly off drugs.

Eva's, a youth shelter in Toronto, is where she went — first for housing, and then to learn how to properly inject heroin when she relapsed.

"When I was using heroin with my mom, I always had someone else inject it," said Ivory, 24, who asked to be identified by her nickname. "So when I had my relapse, I was able to go to them."

She started using heroin when she was nine or 10.

"My mom started using first and then to support her habit she was letting her 'friends' and dealers do whatever they wanted to her nine-year-old daughter so she could get more supply. By the time I was 12, I was prostituting with her."

Ivory had a daughter five years ago, but lost custody when her daughter was 2-1/2. Then she landed at Eva's.

Eva's Satellite is a "harm reduction" youth shelter, offering education and kits for safer drug use, as well as recreation, counselling and access to a doctor and a psychiatrist.

Homeless youth, aged 16 to 24, will find themselves barred from other shelters for drug use or aggressive behaviour. They can go to Eva's, however, because the threshold for being barred is higher.

To some in Canada, "harm reduction" is deeply misguided; to others, it's the only humane approach to treating addiction. Eva's was the first harm-reduction shelter for youth in Canada and, according to staff, still the only one of its kind.

Staff members are available 24-7. All have experience in shelters and a college diploma or university degree in social work or a related field. A doctor and a psychiatrist are available once a week for about three hours.

Final hope

"All I know is if it wasn't for Eva's Satellite and the staff here, I would probably still be on the streets or I'd be dead." **Ivory, 24,** who asked to be identified by her nickname

Eva's isn't a supervised injection site. Drug use is against the rules but won't get residents automatically barred.

"All I know is if it wasn't for Eva's Satellite and the staff here, I would probably still be on the streets or I'd be dead," Ivory said.

Former staff air concerns

This spring, six employees were fired. Eva's wouldn't disclose the reason, except to say it was justified and verified.

One staff member who was let go, Nathan Hammah, worked at Eva's for five years. He told Metro that one reason the employees were fired was for sleeping on the overnight shift. The group has disputed their firing, and the issue has gone to arbitration.

Hammah said he decided to speak publicly about his concerns, not because he was fired, but because he came to believe that conditions for staff and residents were unsafe, including incidents of violence.

Hammah said that such behaviour is tacitly condoned whenever there is tolerance for drug use on the premises.

Hammah added that residents weren't getting proper care whenever on-site use led to a medical problem; he "blew up" at management over their response to a resident who had injected ketamine and was found unresponsive.

He said he told management, "You found the kid, you did not send him to the ambulance, and we're all in the office talking right now and nobody's watching this kid."

"I don't believe that a kid OD-ing with a needle in his arm means that you're providing a safe place. It means you're providing an interior place for them to get high. It's not monitored," he said.

Tolerance

"You'll have to be interacting with ... youth a day later, after they've threatened your life."

Sameera Warlond, who worked at the shelter for two years, before she was fired

Sameera Warlond, who worked at the shelter for two years before she was fired, said the shelter's policy on drugs and alcohol also puts staff and residents at risk.

Warlond said management would overrule frontline staff and allow aggressive residents to stay. "So then you'll have to be interacting with that youth a day later, after they've threatened your life or something like that."

Warlond said the shelter's policy with alcohol is to allow intoxicated youth to stay, but insist they drink off-site.

"If they have alcohol on them then they can store it with us," she said. "We have told management that we are very uncomfortable storing alcohol for these children, especially when ... some of them are under 19."

Shianne Pettifer, a friend of Hammah and a former resident of Eva's, said she also believes the shelter is too lenient. Pettifer said she was stabbed in the forehead by a fellow resident, who she believed was drunk or high but was allowed to return to the shelter.

Management defends shelter practices

Karen Tizzard, the program manager at Eva's, said the former staff members never said they felt unsafe until they were let go. She said they received ongoing training and, in any case where they felt ill-equipped, there was more training available.

If clients are caught doing drugs on-site, Tizzard added, they are taught about safer ways to use and ways of getting help — but aren't kicked out.

"Unfortunately in Toronto, we don't have a (supervised) injection site, so people are going to use wherever they want," she said. "Our thing is, let's keep them here so they're going to be safe."

Tizzard said incidents of drug use and mental-health crises at Eva's have never been fatal, and shelter staff know how to respond. She feels crises at Eva's are minimal considering the suffering many of the youth have experienced.

"The amount of trauma that these young people have dealt with, I can't even fathom dealing with a fraction," she said.

Alan Simpson, the residential supervisor at Eva's, said the shelter creates safety and stability for people going through a crisis. They create an individual plan for each client to reduce their risks, but overdoses have occurred.

"Is that frightening and scary for people? Absolutely. We are a harm-reduction shelter, we run a needle-distribution program, we run a pipe-distribution program. If you're coming to work here, it shouldn't be a surprise," he said.

Simpson said it's better for a drug user to be found during a room check at Eva's than not found for hours outside.

"Other youth have died in parking lots and under bridges because no one is there," he said.

Eva's also helps youth deal with their underlying problems and concurrent mental-health issues, he said.

"We're not doctors, we're not medical staff, but we do the best we can."

Tizzard and Simpson both say addiction and mental health are medical issues, not shelter issues.

More medically oriented funding would help them better address these concerns, including allowing them to hire an on-site nurse.

Calls for police assistance

Police records detail many calls from the shelter between 2010 and 2013, including 45 calls regarding apparently violent incidents.

- 21 calls for assault
- 14 calls for fights
- Five calls for sexual assault
- Four calls for "person armed with a knife"
- One call for robbery
- 24 calls for "emotionally disturbed person"
- 21 calls for "threaten suicide"
- 11 calls for "person berserk"
- Two calls for "drunk"
- Six calls for "overdose"
- 233 medical or mental health-related calls, not described in the records, where EMS workers have requested police assistance

NFL star Ray Rice

Nike, EA cut Rice after video surfaces

Ray Rice's indefinite suspension from the NFL for domestic violence will cost him income from endorsements in addition to his $4 million in salary.

Nike and Electronic Arts are among the businesses that announced Tuesday they have cut ties with Rice following the release of a video showing the former Baltimore Ravens running back striking his then-fiancée in February.

THE ASSOCIATED PRESS

Expert panel

How will Google enforce Right to be Forgotten rule?

Google chairman Eric Schmidt and a panel of experts held the first of seven public sessions Tuesday to help the company define how it should enforce a new "Right to be Forgotten" rule under which Europeans can seek the removal of embarrassing search results.

The company has received more than 120,000 requests to take down 457,000 links since a May court ruling.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 91.15¢ (+0.02¢)

TSX 15,536.81 (+27.42)

OIL $92.75 US (+$0.09)

GOLD $1,248.50 US (-$5.80)

Natural gas: $3.98 US (+$0.09)
Dow Jones: 17,013.87 (-97.55)

One more thing: The Apple Watch

Cupertino, Calif.
Apple bets the smartwatch's time has finally come

For the first time in years, Apple's iPhones weren't the star of the show. Apple unveiled a smartwatch on Tuesday, a wearable device that marks the company's first major entry in a new product category since the iPad's debut in 2010.

The move is significant because of recent questions about whether Apple still has a knack for innovating following the 2011 death of co-founder Steve Jobs.

The device's introduction upstaged the company's two new, larger iPhones, which won't just have bigger screens; they'll have a new, horizontal viewing mode to take advantage of the larger display.

iPhone 6
The iPhone 6 will have a 4.7-inch screen, while the iPhone 6 Plus will be 5.5 inches. The screen resolution on the Plus version will be sharper than previous iPhones, at 401 pixels per inch rather than 326.

With the larger screen comes a new horizontal view of the home screen. Usually, icons are stacked vertically, even when the phone is turned horizontally. App developers will also have new tools to rearrange their content to take advantage of that larger screen.

Apple Watch
The audience erupted with cheers as Cook proclaimed that he had "one more thing." It was how Jobs used to close his keynote addresses.

That one more thing was the Apple Watch.

The watch will require one of the new iPhones or an iPhone 5, 5s or 5c. It will be available early next year at a starting price of $349 US.

THE ASSOCIATED PRESS

Don't worry, 'Canada's second currency' is here to stay

Western University archivist Robin Keirstead holds some historic Canadian Tire money from the Canadian Tire Heritage Collection, in London, Ont., Monday. Tired of that wad of crumpled Canadian Tire bills in your car glove box? Canadian Tire has an app for that. The retailer unveiled its plans Tuesday that will let customers collect and redeem the value of the ubiquitous bills on a loyalty card or smartphone. But that doesn't mean the colourful currency adorned by the smiling Scot, Sandy McTire, is going the way of his jaunty plaid tam and scarf. "Donated to charities, accepted at local businesses, and found tacked up in pubs around the world, many consider Canadian Tire to be Canada's second currency," said Allan MacDonald, the retailer's chief operating officer. DAVE CHIDLEY/THE CANADIAN PRESS

Board. Multiple pilot errors in fatal UPS crash

A fatal UPS cargo plane crash last year was caused by a series of pilot errors, a federal safety board concluded Tuesday. Investigators said the pilots were likely suffering fatigue but more stringent work-hour regulations wouldn't have prevented the accident.

The National Transportation Safety Board agreed that the pilots of Flight 1354 incorrectly programmed the plane's flight management computer, descended too fast, failed to call out altitude levels and didn't abort the landing when they realized they weren't lined up properly. Both pilots were killed in the pre-dawn crash at Birmingham-Shuttlesworth Airport in Alabama on Aug. 14, 2013.

THE ASSOCIATED PRESS

Atlantic City. Trump casinos file for bankruptcy

Trump Entertainment Resorts filed for bankruptcy Tuesday and threatened to shut down the Taj Mahal Casino Resort, which would make it the fifth Atlantic City casino to close this year.

The company owns Trump Plaza, which is closing in a week, and the Taj Mahal, which has been experiencing cash-flow problems and had been trying to stave off a default with its lenders. The company said the Taj Mahal could close Nov. 13 if it doesn't win salary concessions from union workers.

It's the fourth such filing for the struggling casino company or its corporate predecessors.

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Customer Name - POD ID

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WHERE WILL NOSEPICKERS GO NOW?

JUST SAYIN'

Paul Sullivan
metronews.ca

What's up with elevators?

It used to be you could pick your nose in an elevator and remain blissfully unobserved.

Not anymore. Elevators are more like remote paparazzi these days, invading the privacy of such upstanding citizens as Beyoncé's sister, Ray Rice and Des Hague, that guy from the catering company who kicked the puppy.

You could argue that's a good thing, especially if it prevents Ray from flattening his girlfriend or Hague from kicking the puppy.

And if it comes at the loss of one of the last bastions of casual privacy, one of the few places where you can un-self-consciously adjust a wedgie without worrying if you're on Candid Camera, so be it.

Today, you can bet everyone in every elevator across the land is resolutely staring at the lights indicating the floor numbers or carefully and responsibly reading the instructions for what to do when you get stuck between floors.

You just have to wonder if there's anywhere we can still pick our noses in peace. Judging by the numbers of noses being picked while their owners are stuck in traffic, maybe privacy isn't necessary. But really, where's it going to end?

Almost everywhere you go, there's a camera. Even in the loo. More and more pubs and restaurants are installing cameras in their restrooms, if not directly in the stalls, as proprietors are getting tired of the shenanigans that go on as closing time approaches. You thought elevators were bad...

How long will it be before the courts decide to move cameras into private residences to enforce parole conditions, for example? And as zero tolerance and technology combine to make it easier, how long before we spend every waking — and sleeping — moment under video scrutiny?

Elevator cams may capture a bit of nasty behaviour, but there's a whole world of pain out there, and most of the bad things people do to each other happen behind closed doors unobserved. Just think of all the crimes we could prevent by putting everyone under surveillance all the time.

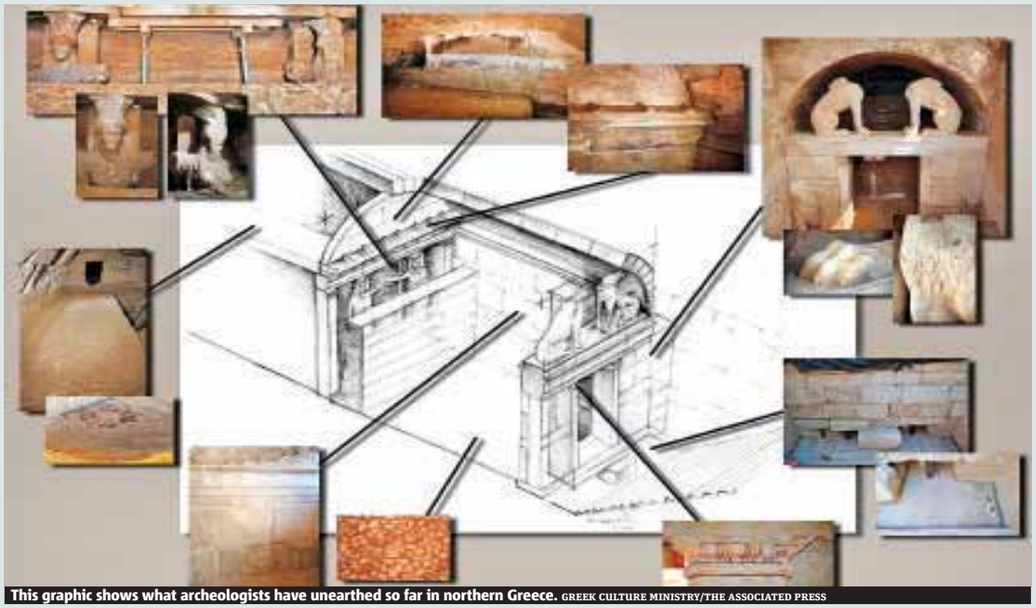
Right now you're probably thinking that it's time to get Sullivan fitted for his tinfoil hat, but think about it. We're even doing it to ourselves. You can buy sophisticated video surveillance equipment off the shelf at Canadian Tire or Costco. And home alarm companies are selling increasingly invasive video security packages that you can operate with your mobile phone.

Of course, you're not the only one operating your mobile phone.

I'm not condoning the bad things people do when they think no one else is watching, but I do wonder if we'll even notice when the last private place is gone. I'd love to see the look on your face when the realization dawns.

In fact, I'm quite sure I will, along with several million of your closest Internet BFFs.

Who lies buried here?



This graphic shows what archeologists have unearthed so far in northern Greece. GREEK CULTURE MINISTRY/THE ASSOCIATED PRESS

Archeologists show off ancient tomb discoveries

Fans of ancient history are laying bets on who was buried in the dark heart of a massive marble-walled tomb that is slowly coming to light in northern Greece.

Dating to the tumultuous years surrounding the death of Alexander the Great, between about 325 and 300 BC, the tomb is the largest ever found in northern Greece — a resting place monumental enough for royalty.

The burial borders the ancient Aegean port of Amphipolis (near modern-day Amfípoli), which once served as the base for the fleet that Alexander the Great took on his invasion of Asia. This past weekend the excavation team, led by Greek archeologist Katerina Peristeri, announced the discovery of two elegant caryatids — large marble columns sculpted in the shape of women with outstretched arms — that may have been intended to bar intruders from entering the tomb's main room.

NATIONALGEOGRAPHIC.COM

MetroTube

Life hacks, by hacks

ANDREW FIFIELD
andrew.fifield@metronews.ca

Obvious advice is a hack now, right? Like, a good fast-food-ordering hack is to line up at the counter. Or if you're looking for a gardening hack, try connecting your hose to the house. Thankfully, Tripp and Tyler have moved past such well-worn tips for some truly rare wisdom that you've never heard before. Though, there may be a reason these are so mysterious — perhaps they're best avoided. (YouTube/Tripp and Tyler)

ISTOCK

Twitter

@metropicks asked: An Ohio sleepwalker hurt himself falling off a cliff. What's the strangest thing you've done while sleepwalking?

@sackvillenovasc 57m: My daughter has cooked a complete meal several times while sound asleep.

@pohl1: Once woke up sitting at the end of the bed. Was informed that I had been fishing for the last half hour.

@MeToddScott: While sleeping I'd answer my roommates math questions. Woke to him & his friend with a text book writing answers

Follow @metropicks to get in on the conversation.

metro AR SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in Scene and page 21 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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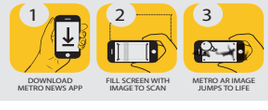

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Texting and driving isn't a game

Hollywood takes to dolphins with a few flicks of a Flipper

Making a splash.
Dolphin Tale 2 builds on the affection for the aquatic mammals that started in the '60s

IN FOCUS
Richard Crouse
scene@metronews.ca

A new genre of movie, the boy-and-his-dolphin film, was introduced in 1963.

There had been boy-and-his-dog and girl-and-her-horse movies, but Flipper was something different — an aquatic love story about a young boy who nurses a dolphin back to health after it was accidentally speared.

Flipper became something of a sensation, spawning more movies, a television series and a catchy theme song ("They call him Flipper, Flipper, faster than lightning, No one you see, is smarter than he") but he's not the only dolphin in Hollywood's great big sea.

2011's Dolphin Tale was a movie based on the real-life relationship between a boy and Winter, an injured bottlenose dolphin. This weekend's Dolphin Tale 2, starring Harry Connick Jr., Ashley Judd, Kris Kristofferson, Morgan Freeman and dolphins Winter and Hope, is a continuation of Winter's tale. This time around, the good folks at the Clearwater Marine Hospital search for a companion for the lonely dolphin.

In between Flipper and Dolphin's Tale came many swimming mammal movies. There's Beneath the Blue and Eye of the Dolphin but Day of the Dolphin may win the prize for Best Movie with the Silliest Tagline. "Unwittingly he trained a dolphin to kill the President of the United States."

Loosely based on a 1967 novel by Robert Merle, this eccentric 1973 sci-fi thriller starred George C. Scott as a scientist who trains dolphins to speak English while a radical group makes plans to kidnap the sea creatures and use them to blow up the presidential yacht. The movie won a Patsy Award for Alpha the dolphin as best animal actor, but the mammal movie star wasn't available to collect the prize in person. The day after their parts were finished shooting both Alpha and co-star Ginger escaped and never returned.

The Cove was a more realistic and unsettling dolphin movie. An indictment of dolphin hunting and trade methods, particularly the annual dolphin slaughter in Taiji, Wakayama, Japan, it won the 2010 Academy Award for best documentary feature. One of the experts featured in the film is Ric O'Barry, former dolphin trainer on the Flipper TV series. O'Barry switched from training the mammals to advocating for the restoration of freedom for all captive dolphins and whales after one of the Flipper sea "actors" died in his arms. "A dolphin's smile is the greatest deception," he says, "It creates the illusion that they're always happy."

A misunderstood smile

"A dolphin's smile is the greatest deception. It creates the illusion that they're always happy."

Ric O'Barry, former dolphin trainer on the Flipper TV series
O'Barry switched from training the mammals to advocating for their freedom.

metro AR Morgan Freeman and Ashley Judd share the big screen in this sequel. Scan this photo with your Metro News app to see what Morgan Freeman has to say about making Dolphin Tale 2. CONTRIBUTED

A scene from 1963's Flipper. CONTRIBUTED

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. In real life, you can't start over. yourlastwords.ca

Rock quartet Sloan's new album all four one

An uncommon Commonwealth.
Release riffs on band's democratic paradigm

The new Sloan record, Commonwealth, distinguishes itself in many ways: It's a double album, the second-longest of the band's career; it's divided into four sides, each a solo showcase for one of the quartet's creative engines; and the final song is 18 minutes long, an Andrew Scott-penned marathon of superglued song sketches.

And despite all that, the new Sloan record essentially sounds quite a bit like a Sloan record.

Of course, that can be said of pretty much everything in their catalogue since their adolescent (if audacious) debut recordings Peppermint and Smeared came out in 1992.

Little that they've done since 1994's Twice Removed has sounded much like what was going on in rock music, but it's all sounded of a piece: sure-footed, polished power pop.

"From our second record on, it's like, what year is that, 1981? Or 1965? Or 2008?" pointed out Chris Murphy recently, surrounded at Toronto's Gladstone Hotel by his bandmates Scott, Jay Ferguson and Patrick Pentland.

"A lot of the songs, I don't know about all of them, could be on any of the records. It's fairly interchangeable. Except for a deliberate attempt to make a streamlined record on our 2003 record Action Pact, it's been pretty much just an eclectic, whatever you've got at the time (process). I could probably take all the songs that we have, which is 200 of them, and I could probably create albums out of it with different sounds or something."

Jay Ferguson, left, and Chris Murphy, of Sloan. MICHELLE SIU/THE CANADIAN PRESS

Here, Pentland interjects from a nearby couch.

"It's odd, because ... in a weird way, you're kind of comparing us to AC/DC or something, where every record sounds the same. And you're probably right," said Pentland.

"But it's four AC/DCs because we're all doing our own sound throughout it.

"None of us have really changed our sound that much, I guess."

The process hasn't changed much, either. Even as Commonwealth boasts its "four solo records" conceit — which indeed winks at Kiss and their ill-fated series of solitary ego workouts — Murphy stresses that the only real difference was the track sequencing. The four members worked largely in isolation on writing their songs, but that's what they've always done.

In a way, the segregated nature of their contributions sort of goes against the band's defining narrative of democracy and unity, one that sees them evenly splitting both the mic and the money.

Each member of the band agrees that Sloan wouldn't have lasted if it couldn't constitute a creative outlet for all four players. They're the first to drop the "democracy" term, by the way, although Murphy wants to clarify exactly what that means.

"We're not a democracy where (we say), 'What do you guys think of this song?' and then we all vote or something. It's not like that. It's like: 'OK, we're all in this. We're all going to give ourselves. Everybody's going to get songs, and you can do them however you want.'"

And how are disagreements handled?

"If you don't agree with someone, but the other guys do, you just have to step away and trust that they're making the right decision," Pentland replied.

"Or wait and say I told you so." THE CANADIAN PRESS

Holding one's own in a quartet

"We're not a democracy where (we say), 'What do you guys think of this song?' and then we all vote or something. It's not like that."
Sloan band member Chris Murphy

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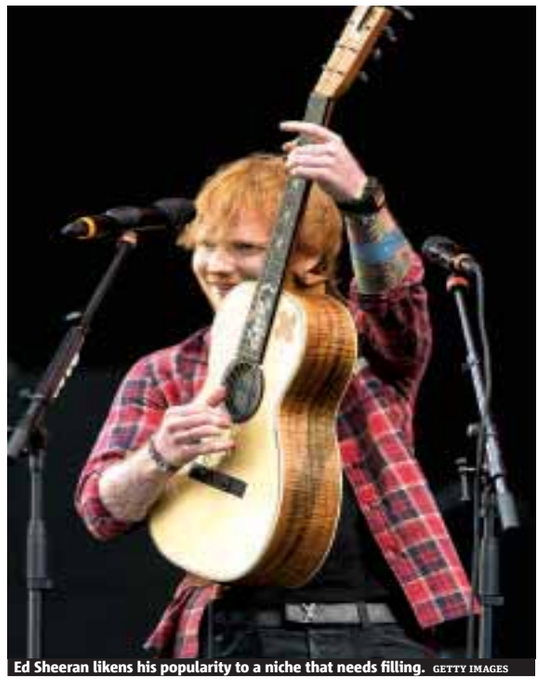
Sheeran guesses he is influential

Humble swagger. Singer-songwriter Ed Sheeran has a quiet confidence that's propelled him to huge success

PAT HEALY
Metro World News in Boston


Ed Sheeran likens his popularity to a niche that needs filling. GETTY IMAGES

On pop charts populated by rappers and dance-floor divas, a 23-year-old Brit with an acoustic guitar stands out. Ed Sheeran, whose sophomore album X peaked at the No. 1 position on the Billboard 200 earlier this summer, says he likens his popularity to a niche that needs to be filled.

"I think there is one singer-songwriter for every generation," he says. "I guess I'm just this generation's one."

This statement is characteristic of Sheeran in conversation. There's an element of the grandiosity one needs to become a pop star, but there's also a healthy dose of humility and even a trace of self-doubt. He says the phrase "I guess" about as often as he sings about being drunk. Sheeran's music is also rife with these levels of certainty. "I like a lot of different types of music, and I like trying them out, I guess," he says. "I never want to be a one-trick pony, even if I don't master the other crafts."

His live act includes experimental elements like a series of sampling pedals, and his repertoire runs the gamut from pretty ballads to confessional raps to Springsteen covers.

When asked about this cover, he says, "I was in a hotel room in New York with a friend who is an actor. And he was playing stuff on the speakers and that song came on, and I wasn't familiar with Springsteen. I was kind of familiar with his big hits but I wasn't really familiar with that album, Nebraska. And I just listened to that on repeat. Over and over again that night and I got fully into it the next day."

So who was that actor?

"A friend of mine named Kit Harington," he says. "He plays Jon Snow on Game of Thrones."

Oh yeah, we've heard of him. Sheeran's careful to distinguish that although he has some friends who are also in show business, not everybody knows each other and has the kindest words for each other.

On the day of this interview, a meme of Sheeran walking up to the stage at the VMAs makes the rounds, the gossip suggesting that Miley Cyrus can be seen mouthing the word "a—hole" as Sheeran high-fives a friend in her row.

Miley is definitely not clapping for Ed, but really, is this a good celebrity beef? Probably not. When we speak, Sheeran hasn't seen the clip in question, and he says that he has never met Cyrus, but he seems perfectly content with being on the gossip websites.

"At least they're saying something," he says.

Sheeran learned about not saying negative things about famous people the hard way, as last year he was critical of Cyrus' Wrecking Ball video.

One other musician you won't get Sheeran talking about is who the subject of his most recent single, Don't is.

Pointing to the lyric, "me and her, we make money the same way," many were quick to suggest when X was first released that it was about Ellie Goulding, with whom Sheeran had been spotted at a few public outings. So who is it about?

"No one's got an answer out of me yet," he says, resolute that this interview won't be any different.

Don't combines his natural sense of melody with rap, fuzzy bass, delicate falsetto backgrounds and a sing-along chorus that seems to be missing a certain word.

"That was always the original intention to put it on the record with the swear," he says of the chorus, which was originally "don't f— with my love."

Why did he change it? Fear that it wouldn't receive airplay? Nope. It was an eventful cab ride from L.A. to Malibu.

"I was chatting with the driver," recounts Sheeran. "We were talking for about an hour and then he said his daughter was a fan and I said, 'Hey can I play you some new stuff?' ... On that song he thought I swore too much, so I took it off for him, I guess."

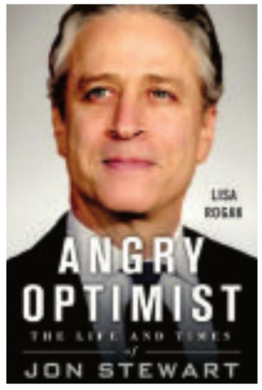
Quoted

"I think there is one singer-songwriter for every generation. I guess I'm just this generation's one."
Ed Sheeran

Daily Show host ain't no Mr. Nice Guy

Jon Stewart profile. Everyone's fave fake news dude isn't much of a mensch in real life, according to unauthorized bio

EMILY LAURENCE
Metro in New York



Jon Stewart CONTRIBUTED

He's one of the most popular guys on TV and comes across as not only funny, but genuinely kind. But Lisa Rogak, who profiles Jon Stewart in her latest unauthorized biography, Angry Optimist: The Life And Times of Jon Stewart (out Sept. 9), says the TV personality has a side to him that would surprise fans.

Rogak, who has written more than 40 books including biographies of President Barack Obama, Stephen King and Shel Silverstein, says Stewart could not be more different from Stephen Colbert, someone else she released a biography about.

"When I was working on (the Colbert book), everyone went out of their way to say he's a gentleman and a genuinely nice man," she says. "When I was doing the research on Jon Stewart, nobody used those terms."

It should be noted that Rogak never interviewed Stewart or visited the set of The Daily Show, but instead pulled information from many, many articles and interviews about him and talked to some people who have worked with him or knew him growing up. And while she does point out some positive traits, the shock lies in the revelation that Stewart is bitter and a hermit.

"The angst of working on the set (was exposed) a few years ago, and in a response to that, a PR person at Comedy Central contacted Bark magazine to do a story on how staff members could bring their dogs to work. It was like, 'Let's just stop the attention from all the angst, inner conflict and bad boss stories,'" Rogak says.

Unlike many celebrities, Stewart hasn't been lured in by the Hollywood scene and is rarely seen at red carpet events or parties. While Stewart is presumably a happy family man, Rogak has her doubts about Stewart's wife, Tracey McShane. "I found one quote where she said she was anxious all the time," Rogak reports. "(Stewart) is angry all the time, but he believes everything will turn out for the better, and a part of that is his Jewish sensibility ... I think they both share a great, grand insecurity."

As for what she thinks is next for Stewart, Rogak predicts that it all depends on how the movie he directed, Rosewater, is perceived. "It just seems like he is going through the motions (with The Daily Show) and not taking a lot of risks like he used to," she says. "I wouldn't be surprised if he were to announce he was leaving the show." You heard it here first.

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JLo decides to go it solo

Jennifer Lopez

Guys? Don't worry about Jennifer Lopez, even if she did just go through a breakup. She's going to go ahead and stay single for a while. "I'm just being on my own. I feel like I need that right now. I've been in relationships kind of back-to-back my whole life and I just needed time," Lopez tells Meredith Viera during an interview. "I need time to just chill and just know me and enjoy my kids and actually make time for other friends instead of just the relationship thing."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry ALL PHOTOS: GETTY IMAGES

Life was a Bowles of fury for Harry's mama

Maybe the People's Princess wasn't so lovely after all, if unauthorized tell-alls are any indication. According to a new book about Prince Harry written by Penny Junor, the spare heir's late mother, Princess Diana, had something of a dark streak when it came to dealing with her rivals.

Case in point: Diana was so consumed with jealousy toward Camilla Parker Bowles that she would call Bowles' country home and declare, "I've sent someone to kill you. They're outside in the garden. Look out of the window — can you see them?" That's some bold sauce, Di.

The Word

Swifty doesn't like drama... unless there's a song in it

NED EHRBAR
Metro in Hollywood

I suppose this counts as personal growth: Taylor Swift's songwriting has apparently progressed from being about ex-boyfriends to being about ex-friends. Or at least this one new song, Bad Blood, is. And with any Swift ditty, the real fun comes in trying to decipher the secret subject, Swiftian wordplay be damned. "For years, I was never sure if we were friends or not. She would come up to me at awards shows and say something and walk away, and I would think, 'Are we friends, or did she just give me the harshest insult of my life?'" Swift tells Rolling Stone. "(Then last year) she did something so horrible. I was like, 'Oh, we're just straight-up enemies.' And it wasn't even about a guy!" They are never ever, ever getting facials together, if I may. So if it wasn't about a boy, what was the last straw between Swift and her mystery frenemy? "It had to do with business. She basically tried to sabotage an entire arena tour. She tried to hire a bunch of people out from under me," Swift says. "You would not believe how much I hate conflict. So now I have to avoid her. It's awkward, and I don't like it." So I suppose if we want to figure out who she's singing about, watch which fellow singers she's not hanging out with.

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How-to

Pack a mini pharmacy kit

1. Two kinds of pain relievers: ibuprofen such as Advil and acetaminophen such as Tylenol. Combine these two for maximum pain relief.
2. Some kind of sinus congestion medicine and cold/flu tablets.
3. After-Bite, a topical ointment for minor cuts and alcohol-based wipes for disinfecting.
4. Anti-diarrhea medicine, an antacid for heartburn and anti-nausea medicine for motion sickness.
5. Rehydration salts such as Gastrolyte to replenish electrolytes lost from dehydration.
6. Various sizes of adhesive bandages and a throat lozenge or four. Check with your doctor before taking any medication. DOUG WALLACE/METRO

New

Drake Hotel to open in Prince Edward County, Ont.

The new Drake Devonshire has set up shop in a redone heritage building in Wellington in Prince Edward County, Ont. This all-season "Drake-by-the-Lake," designed with the help of +tongtong, has just 11 rooms and two suites. Highlights include a cantilevered dining room with a view, a Glass Box games room and outdoor pavilion, a permanent and rotating art collection, locally inspired and sourced cuisine, plus a ton of local wine (of course). Resos are now being accepted from October 1. From $230.
Visit drakedevonshire.ca. DOUG WALLACE/METRO

Trend

Smart suitcase tags

It's only a matter of time before we all have luggage that knows where it lives, thanks to digital baggage tags. Brands at the forefront of this trend include ReboundTAG and SuperSmartTags, both of which operate with a similar way, where a scanned barcode connects you to the problem via text or email, or provides itinerary info so your bag can be rerouted to wherever you are, rather than to your home. Delta Airlines, British Airways and Qantas are all flirting with this trend, either via specific phone apps or tags. No more scribbling your address on those little paper tags at the check-in counter.
DOUG WALLACE/METRO

Five films to spark your wanderlust

ON THE MOVE
Loren Christie
life@metronews.ca

There are so many great movies that inspire people to travel. Admittedly my favourites may not be critically acclaimed, so I asked Metro's film critic, Richard Crouse, to weigh in on my top picks.

The Talented Mr. Ripley
This film showcases Italy from the stunning villages of the Amalfi coast to the streets of Rome and the canals of Venice. Apart from getting murdered in a rowboat, you want to live the ex-pat life of Jude Law's playboy character. Richard says, "Four stars. Much of the glamour in this smart and thrilling movie comes from the magnetic performances of Jude Law and Matt Damon."

Thelma and Louise
Who doesn't want to pack up the car and head out on an all-American road trip after watching Thelma and Louise? OK, maybe blowing up a rig and driving off a cliff are bad choices, but picking up a hitchhiking Brad Pitt can only be considered a trip highlight. Richard says, "Four-and-a-half stars. Called a neo-feminist road movie, this Susan Sarandon-Geena Davis film isn't just a look at the back roads of America, it reinvented the buddy picture."

Blue Crush
This movie may be aimed at teens, but the surfing shots and lush scenery in Blue Crush will have everyone planning a trip to Hawaii. For better or worse, it also provides some insight into what your hotel service staff may be doing with their free time! Richard says, "Three stars. The story of three Hawaiian wahinis who have crappy day jobs to pay the rent and support their surfing addiction plays more like a travelogue with dialogue than a drama."

Chocolat
Chocolat was filmed in France's Dordogne region and a medieval village in Burgundy. This movie does a great job showcasing these lesser-known and stunning areas of the country. It also makes you realize the futility of trying to diet while on holiday. Richard says, "Four stars. Chocolat is a comic story with a bittersweet edge."

The Motorcycle Diaries will make you want to strike out on your own South American adventure. CONTRIBUTED

The Motorcycle Diaries
The Motorcycle Diaries covers a 12,000-kilometre trip by motorcycle, raft, truck and foot from Argentina to Peru, undertaken in 1952 by Ernesto "Che" Guevara de la Serna. Richard says, "Four stars. A political road trip that relies on its star, Gael Garcia Bernal, and the scenery for much of its appeal."

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Tips to take into account

A friend in finance. Skills all aspiring accountants should count on perfecting

RIANA TOPAN
TalentEgg.ca

The top players in accounting are generally known for being visionary — for making decisions that also involve a bit of creativity. ISTOCK

Planning your career or considering a career move into accounting?

Identifying the skills that lead to success in the field will not only increase your job satisfaction, but also make it easier for you to build towards your long-term career goals.

Organization

Accountants are important people. They have a lot of responsibility, which means that they generally stay pretty busy.

To be a good accountant you need to have a system to keep track of those responsibilities — such as any portfolios you manage, the transactions you handle, and any important dates and deadlines you need to meet — to ensure that you fulfill all of your duties to the best of your ability.

You can make use of tools like calendars, alphabetized folders, day planners, colour-coded Post-it notes and highlighters, and apps and programs designed to help you stay highly organized in the short- and long-term.

Tip: Not sure where to start? Try creating a study schedule for each of your classes, using a day planner for your daily to-do list and starting a filing system for your notes.

Time management

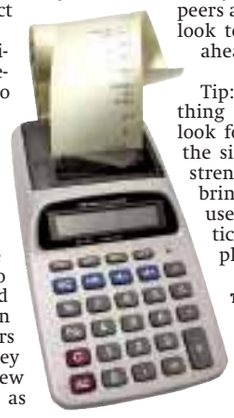
Good time-management skills go hand-in-hand in with strong organizational capabilities.

The ability to work within deadlines and to continually re-prioritize your to-do list will take you far. Not only will it impress your boss, co-workers and clients, it will also help you to maintain a healthy work-life balance and keep your day-to-day productive.

Tip: Give yourself blocks of time to complete certain tasks. Got an exam coming up? Allocate four or five 2-3 hour windows to get your studying done, and make a list of what you want to accomplish during each study session.

Adaptability

The accounting industry is highly dynamic, so accountants who are able to adapt quickly and easily are at a distinct advantage.



In addition to being able to provide better services to their clients, adaptable individuals are more likely to learn and grow in their careers because they see each new challenge as an opportunity to learn and test their skills.

On a related note, it's also great to be proactive. Although it takes a bit of extra effort to be informed about changes as they happen, it definitely pays off: It will keep you on the cutting edge of the industry, earn you the respect of your peers and ensure that others look to you when planning ahead.

Tip: Next time something unexpected happens, look for the opportunity in the situation. Focus on the strengths that everyone brings to that group and use the situation as practice for navigating workplace challenges.

Openness

Integrity is highly valued in the accounting world.

- Accountants – and the firms they work for – pride themselves on adhering to the highest ethical standards. Being transparent when making decisions and giving advice has the added benefit of improving your working relationships. It will make teamwork easier and will help you foster an environment that is respectful and collaborative.

- Tip: Ask yourself the following questions: What are my reasons for coming to this decision? Who will benefit from this? Who stands to lose? What is the short- and long-term impact of this choice? Be honest with yourself about your motives for making particular choices and see what you learn.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Snack. Superfood Cereal and Quinoa Bars

This recipe makes 12 bars. EMILY RICHARDS

These crunchy, nutty bars give you another way to use up your favourite superfood cereal mixes.

By creating your own pumpkin honey butter, you can take them to school or work without worrying about nuts.

And if you're not a granola bar fan, simply break up the bars and enjoy them with yogurt and fruit!

1. In a large nonstick skillet over medium heat, toast oats and quinoa, stirring often for about 5 minutes or until fragrant. Place in a large bowl and stir in cereal and cinnamon; set aside.

2. In a small blender or food chopper, combine pumpkin seeds with oil and purée until smooth. Add honey and whirl until well combined. Scrape over top of oat mixture and stir to combine well.

3. Scrape mixture into an 8-inch (1.5 l) square baking pan lined with parchment. Bake in preheated 325 F (170 C) oven for about 20 minutes or until golden brown. Let cool completely before cutting into bars. EMILY RICHARDS

Ingredients

- 1 1/2 cups (375 ml) large flake rolled oats
- 1/2 cup (125 ml) quinoa, rinsed
- 1/4 cup (60 ml) chia, buckwheat and hemp cereal (such as Qi'a)
- 3/4 tsp (4 ml) ground cinnamon or cardamom
- 1/3 cup (75 ml) pumpkin seeds
- 3 tbsp (45 ml) canola oil
- 1/2 cup (125 ml) liquid honey

Pizza gets stuffed into a bun

Inspired Lunches Week. Mozzarella and other pie staples make an appearance in a veggie sandwich

DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking to change up lunch while still having some fun?

Take a little bit of the extraordinary (buffalo mozzarella) and combine it with something new and different (veggie pepperoni)! With sun-dried tomatoes and a few other ingredients, your lunchbox sandwich can jump with flavour.

Ingredients

- 1 buffalo or fresh mozzarella ball (250 g), drained
- 2 oz (60 g) vegetarian pepperoni or bologna
- 2 tbsp (30 ml) finely chopped drained sun-dried tomatoes in oil
- 1 tbsp (15 ml) chopped fresh Italian parsley
- 1 small clove garlic, minced
- 1 tsp (5 ml) dried oregano
- 1/4 tsp (1 ml) salt
- Pinch hot pepper flakes
- 2 tbsp (30 ml) extra virgin olive oil
- 1 tbsp (15 ml) sherry vinegar
- 4 small soft round buns, halved
- 2 tbsp (30 ml) pesto
- 1 small tomato, sliced (optional)
- 4 leaf lettuce leaves

This recipe makes six servings. EMILY RICHARDS

Make this ahead and keep in it the refrigerator for up to two days. As it sits, the cheese absorbs more of the delicious herb and tomato flavour.

1. Chop mozzarella into bite-size pieces and place in large bowl. Dice pepperoni and add to cheese.

2 Stir in tomatoes, parsley, garlic, oregano, salt and hot pepper flakes until combined. Drizzle oil and vinegar over top to coat and toss lightly.

3. Remove some of the inside crumb of the bottom half of the bun. Spread with pesto. Spoon in the cheese mixture. Top with lettuce, tomato, if using and top bun.

FLASH FOOD

From your fridge to your table in about 30 minutes or less

A bit of crunch, a lot of health

This Walnut and Broccoli Superblend Salad serves four. THE CANADIAN PRESS

1. In saucepan, combine water, buckwheat and quinoa and bring to boil. Reduce to a simmer, cover and cook 15 minutes. Remove from heat, fluff with a fork and let cool.

2. Heat sauté pan over medium heat and place walnuts in pan. Stir frequently until walnuts are fragrant and toasted. Remove from heat, let cool slightly and coarsely chop. Set aside.

3. In a large bowl, place completely cooled grains, broccoli, walnuts, cranberries and red onion. In a small bowl, whisk together honey, vinegar, oil, garlic and salt, if using. Toss with vegetable mixture and serve.

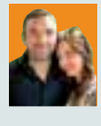
THE CANADIAN PRESS/GRAIN POWER: OVER 100 DELICIOUS GLUTEN-FREE ANCIENT GRAIN & SUPERBLEND RECIPES BY PATRICIA GREEN AND CAROLYN HEMMING (PENGUIN CANADA).

Ingredients

- 325 ml (1 1/3 cups) water
- 75 ml (1/3 cup) buckwheat groats
- 75 ml (1/3 cup) quinoa seeds
- 125 ml (1/2 cup) walnuts
- 750 ml (3 cups) broccoli pieces (broccoli florets and peeled and diced stalk)
- 75 ml (1/3 cup) dried sweetened cranberries
- 75 ml (1/3 cup) finely diced red onion
- 50 ml (1/4 cup) liquid honey or pure maple syrup
- 50 ml (1/4 cup) red wine vinegar
- 30 ml (2 tbsp) olive or walnut oil
- 2 ml (1/2 tsp) minced garlic
- Pinch salt (optional)

Food around the world

Belize (Vegan rating: 4.5/10)



MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: Made in our rented apartment, this average meal of steamed rice with assorted vegetables and beans was as good as it got for Veg on the island of Caye Caulker. The variety of vegetables was frustratingly slim. Some rare Chinese greens were wilted in soy sauce and cooked with onions, garlic, tomatoes and chickpeas before coconut cream was added on the side.

Meat: Equally average was my only meal out on the island at the Rainbow Grill & Bar. I ordered a prawn burrito accompanied by fries and coleslaw. All only managed to achieve mediocrity. The prawns were overcooked, the fries were cold and the meal was forgotten as soon as the last bite was swallowed.

The Blue Bombers knocked Roughriders' quarterback Darian Durant out of Sunday's game but couldn't emerge victorious. MARIANNE HELM/GETTY IMAGES

Rivals' woes offer little help: O'Shea

CFL. Even with Riders' Durant and Lulay out, Bombers' quest for playoffs not easy, coach says

It looks like a couple of starting quarterbacks are out for the season in the CFL West, but it really won't matter much to the Winnipeg Blue Bombers as they look to climb out of last place in the division, coach Mike O'Shea said Tuesday.

Saskatchewan Roughriders' Darian Durant tore a tendon in his elbow in Sunday's win in Winnipeg and, in his first game back in 2014, B.C.'s Travis Lulay injured the same shoulder that had kept him from playing until now, as it healed from off-season surgery.

But that still doesn't mean the Bombers (6-5) will have an easier time of it, said O'Shea.

"There's no point in looking at it that way for us," said O'Shea. "Travis Lulay played one game, right, so Kevin Glenn's got them to where they are right now (6-4). In reality, Kevin Glenn's been the starter.

"And we don't play Saskatchewan again until the playoffs. So there's nothing we can really do about that."

Of course, Winnipeg has to make the playoffs, and with five of their seven remaining games against western teams, that isn't going to be easy.

They start with the B.C. Lions on Saturday. The Lions (6-4) are the only western team the Bombers have managed to beat this season — their first back in the West in about a decade.

As for Saskatchewan, they've taken the Bombers down three times in 2014, although Sunday's 30-24 win was just as painful for the winners as it was for the losers with Durant injured and expected to undergo surgery in the next few days.

"Realistically, his regular season is probably done," said Roughriders' general manager Brendan Taman. "Whether or not we can get him back for the playoffs, we'll see. It's not the greatest of outlooks."

THE CANADIAN PRESS

Orange flags

"What are we averaging, we're averaging nine a game, and we had 13... We've just got to do a better job." **Bombers coach Mike O'Shea** on costly penalties in Sunday's loss to the Roughriders

Injury report

The Bombers have their own injury issues.

- One of the most troublesome right now may be the absence of long-snapper and linebacker Ian Wild. Coach Mike O'Shea said there is a chance Wild may be ready to return to meet B.C., but the Bombers don't want to risk his health by sending him in too soon.
- Meanwhile, offensive linemen Pat Neufeld and Mathias Goossen are also injured and O'Shea said Neufeld is possibly out for another week still, although Goossen may be able to return to practice.

MLB

Joey Bats tags Cubs for 4 RBIs in blowout

Jose Bautista drove in four runs and starter Mark Buehrle worked seven innings as the Toronto Blue Jays defeated the Chicago Cubs 9-2 on Tuesday night in Toronto.

Jose Bautista
GETTY IMAGES

Bautista cleared the bases with a double in the seventh inning off Chicago reliever Neil Ramirez to help Toronto (75-69) win its third straight game.

Kevin Pillar and Edwin Encarnacion had three hits apiece for the Blue Jays, who turned the game into a rout with a five-run eighth inning. Toronto outhit Chicago 14-11 and will go for the three-game sweep on Wednesday night.

The Blue Jays entered play five games behind Seattle in the race for the final wild-card spot in the American League.

THE CANADIAN PRESS

NBA

Hawks punish Ferry for 'African' comments

The Atlanta Hawks are sticking with general manager Danny Ferry even though the team's new majority owner wants him fired for racially charged comments about Luol Deng.

CEO Steve Koonin on Tuesday told the Hawks' flagship radio station that he made the decision to discipline Ferry but allowed him to keep his job managing the team. He did not say what the punishment was, but noted that he relied on a law firm's three-month investigation of Ferry and him describing Deng as someone who "has a little African in him."

Danny Ferry
GETTY IMAGES

Ferry made the inflammatory comments about Deng in a conference call with the Hawks' ownership group in June when the team pursued Deng as a free agent.

THE ASSOCIATED PRESS

Once a fan favourite in Baltimore, Ray Rice is being shunned after an explicit video surfaced showing him striking his then-fiancée in an elevator. GETTY IMAGES FILE

Ravens and fans moving past Rice

Elevator attack. Team giving inexperienced players a shot at RB while fans have options in exchanging No. 27 jersey

Welcome to Baltimore — no longer the football home of Ray Rice.

Restaurants are offering free pizza in exchange for Rice jerseys, several fans are saying good riddance to the scorned running back and on the field the Ravens are turning to unproven players to fill the void.

Quoted

"Really, my heart just goes out to him and his family. As far as us, we've got a big game this week." Ravens QB Joe Flacco

Since an explicit video surfaced showing Rice striking his then-fiancée in an elevator, Ravens fans have been getting rid of their No. 27 jerseys.

The Ravens said on Twitter that they're planning to offer an exchange for Rice jerseys, and several stores are clearing their shelves of Rice memorabilia that once was a bestseller. One local tavern offered a $10 bar tab in exchange for a Rice jersey.

Once a fan favourite in Charm City, Rice is now a pariah.

"He got what he deserved," 49-year-old Baltimore native Kim Hufman said Tuesday. "I have his jersey, it's the only Ravens jersey I have, and I'll never wear it again."

The Ravens are also moving on without Rice.

With him gone, the top three running backs on the depth chart have a combined two NFL starts since 2010.

Baltimore entered the season thinking it would be without Rice for only two games, the length of his original suspension by the NFL for domestic violence.

Now that he's not coming back, the Ravens are focusing on playing the entire season without the three-time Pro Bowler and franchise leader in yards from scrimmage.

"We lost one of our best players here, and he was a great Raven," said wide receiver Torrey Smith. "It feels weird to even say that. It's way worse for him than it is for us. We just have to get ready for the next one." THE ASSOCIATED PRESS

Reliving fight a 'horrible thing': Wife

Ray Rice's wife says taking away football from her husband is horrific and making the couple relive a moment they regret is a "horrible thing."

Janay Palmer posted a statement Tuesday on her Instagram account, a day after TMZ Sports released video showing the couple on Feb. 15 in an Atlantic City casino elevator. Each hits the other before Rice knocks Palmer off her feet and into a railing, knocking her out.

The Ravens released Rice hours after the video was released Monday and the NFL suspended him indefinitely.

Palmer wrote she awoke feeling as if she had a nightmare and accepting reality is "a nightmare in itself." She also wrote that this is their life and they will continue to show "what real love is!"
THE ASSOCIATED PRESS

Janay Palmer and Ray Rice GETTY IMAGES FILE

Davis Cup. Raonic 'hungry' to compete for his country once again

Canada's top men's tennis player says he's physically ready for this weekend's crucial Davis Cup playoff against Colombia following a taxing run at the U.S. Open.

Milos Raonic, who is the No. 7-ranked singles player in the world, is expected to lead Canada's push to remain part of the elite World Group beginning Friday in Halifax.

Raonic will take to the court after his fourth-round exit last week in New York, losing a four-hour-and-19-minute match in oppressive heat to tournament finalist Kei Nishikori of Japan.

"The body's good — I'm just hungry to get back into competing," Raonic said at a news conference on Tuesday.

Injuries to Raonic and teammate Vasek Pospisil contributed to Canada's 4-1 loss in February's first-round tie with Japan, but Raonic said a lot has changed since the last time he wore the country's colours in competition.

"I've been able to keep getting better ... and I just look forward to using this and ending the year on as strong a note as possible," he said.
THE CANADIAN PRESS

Milos Raonic answers questions during a press conference in Halifax on Tuesday. JEFF HARPER/METRO

Another American rout

Kenneth Faried of Team USA dunks against Slovenia during a FIBA World Cup quarter-final match on Tuesday in Barcelona. Klay Thompson scored 20 points and Faried added 14 as the U.S. won 119-76. Scan the image with your Metro News app for a gallery of more action from Spain. DAVID RAMOS/GETTY IMAGES

metro AR

'Definitive agreement'

Pegulas emerge as party to buy Bills

Ralph Wilson's legacy to keep the Bills in Buffalo will be preserved after NHL Sabres owner Terry and Kim Pegula reached what was called "a definitive agreement" to purchase the NFL franchise on Tuesday.

Though the Bills were valued at $935 million, the sale price was expected to exceed $1 billion. THE ASSOCIATED PRESS

Under centre

No QB controversy here: Rams coach

Rams coach Jeff Fisher emphasized that quarterback Shaun Hill is still the St. Louis starter, dismissing speculation about why he yanked him at halftime of the team's season-opening blowout loss to Minnesota.

Fisher said Hill could still start this week at Tampa Bay, but is day to day with a left quadriceps injury. THE ASSOCIATED PRESS

DRIVE 51

2015 Audi A3

- **Type:** Front- or all-wheel-drive compact sedan
- **Engines:** 1.8-litre turbocharged four-cylinder (170 hp); 2.0-litre turbocharged four-cylinder (220 hp)
- **Transmission:** Six-speed automatic
- **Base price:** $31,100 (plus destination)

Market position

The A3 will appeal to those who want luxury with smaller-car fuel efficiency, as a lower price point into the brand, or as a second car to the bigger Audi already in the driveway.

Points

- The tight turning radius, combined with the compact footprint, makes it easy to park or manoeuvre.
- The controls for the infotainment system look daunting at first, but turn out to be easy once you figure out their functions.
- Although it's new to Canada, the A3 has been sold in Europe since 1996, and this is the third generation.

Coolest feature is a stereo screen that pops up from the dash.

Interesting features

Stow-away central screen, panoramic sunroof, dual-clutch automatic transmission, and available active lane assist, active cruise control and blind spot monitoring.

Premium car, compact price

Review. Audi's A3 combines peppy engine with smooth ride and sharp handling — all starting at $31,100

JIL MCINTOSH
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PHOTOS: JIL MCINTOSH

Premium automakers like Audi are known for their high-priced models, but many now offer more affordable compact-car entries that still provide luxury and performance.

For 2015, Audi's entry is the new A3 sedan.

It starts at $31,100, for the 1.8-litre turbocharged four-cylinder model that makes 170 horsepower.

My tester was the turbo 2.0-litre four-cylinder model, which starts at $35,900.

Eventually, the A3 will also offer a two-door convertible model and a diesel engine as the performance S3.

My 2.0-litre produced 220 horsepower, mated to a six-speed direct-shift gearbox — a dual-clutch automatic that sets up the next gear change as soon as the last one completes, improving performance and fuel efficiency.

The 1.8-litre comes in front-wheel drive, but the 2.0 is tied to Audi's full-time Quattro all-wheel drive.

Overall, I was very impressed with the A3. It's an excellent combination of a peppy engine, sharp handling, flat cornering, smooth ride and good highway manners, and it all comes together in one tight and cohesive package.

The cabin is elegantly designed and finished, with soft-touch surfaces and supportive seats.

The coolest feature is the stereo screen, a thin tablet that automatically rises out of the top of the dash when the car is turned on, and then stows itself away and out of sight when it's parked.

My car was the top-of-the-line Technik trim line, at a starting price of $42,850, which added navigation with handwriting recognition: Trace letters onto the top of the system's joystick dial to spell out a name or destination, and the system will respond.

Note that there's very little legroom in the back seat. Instead, Audi has prioritized the front passengers and gives them the lion's share of the space. That will turn off those who need more rear-seat room, especially since you can buy many excellent compacts for a fraction of the A3's price.

But there's a lot of choice in the small-car segment, and at the premium level, this one's a serious contender.

Compare

1 Mercedes-Benz CLA
Base price: $34,300
Four-door convenience with coupe-like styling, the CLA has a 208-hp turbocharged engine and front-wheel drive.

2 BMW 228i
Base price: $36,000
Available only as a coupe, the 2 Series makes 241 hp and is rear-wheel drive.

3 Acura ILX
Base price: $27,990
Two available engines at 150 and 201 hp, plus there's a gas-electric hybrid model.

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may prefer to avoid an unpleasant or embarrassing situation rather than face it head-on but deep down you know you are merely postponing the inevitable.

♉ Taurus
April 21 - May 21
A new person will get your attention and you may even be thinking in terms of romance, but the planets warn the relationship is unlikely to last.

♊ Gemini
May 22 - June 21
Neptune can be a disruptive influence and because it is now at odds with love planet Venus it could have a negative effect on affairs of the heart.

♋ Cancer
June 22 - July 23
If you have doubts about a project others are trying to get you involved in then by all means steer clear of it.

♌ Leo
July 24 - Aug. 23
With Neptune, planet of illusion, up to its tricks today you could easily make a foolish mistake — and if you do it's unlikely others will be able to get you out of trouble.

♍ Virgo
Aug. 24 - Sept. 23
You must not ignore a loved one's feelings today, not even if you think they are getting emotional for no good reason. You can and you must show some sensitivity. Not everyone is as rational as you.

♎ Libra
Sept. 24 - Oct. 23
Someone will try to undermine your confidence today but they won't succeed. You know who you are. Their words won't change that. But they may change how you view them.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how attached you are to an idea, something will happen over the next 24 hours that forces you to think again. Could it be you took certain things for granted that you now realize were simply not true?

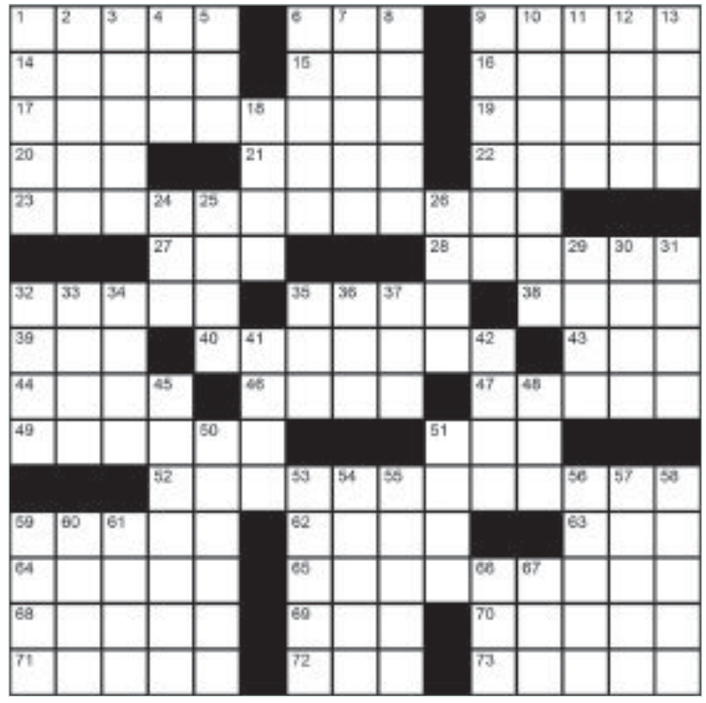
♐ Sagittarius
Nov. 23 - Dec. 21
Your attempt to resolve a domestic dispute is not going to work today. Neptune, planet of illusion, is making it increasingly hard to see the real problem.

♑ Capricorn
Dec. 22 - Jan. 20
You want to get as much done as is physically possible but the planets warn you could easily over-extend yourself or, worse, exhaust yourself.

♒ Aquarius
Jan. 21 - Feb. 19
You may not want to admit it but you know a relationship is not working out the way you had hoped. Do you try again? Give it some thought.

♓ Pisces
Feb. 20 - March 20
Today's Venus-Neptune link suggests you are likely to lose focus! It actually doesn't matter — fate will always guide you where you need to go.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. __ Fraser University
6. __ Antonio
9. Heron kind
14. Ireland's County __
15. ___ pinch
16. Blue hue
17. Guess Who, and others: 2 wds.
19. Ms. Braga
20. Ms. Longoria
21. Singer Lou
22. Refine
23. TIFF 2014 (Toronto International Film Festival) movie set in Kawartha Lakes in Ontario, directed by Jordan Canning: 3 wds.
27. Abitibi article?
28. Bothersome
32. Befuddle
35. Created
38. "Use __ __ lose..."
39. Racing's Mr. Fabi
40. TIFF 2014 prize, Canada Goose Award for Best Canadian __ Film
43. Time
44. "The Wizard __" (1939): 2 wds.
46. '90s band, __-Lite
47. TIFF 2014 film directed by Xavier Dolan
49. Immeasurable
51. Ms. Wasikowska of #65-Across
52. Profession of Colm Feore's character in TIFF 2014 film "Elephant Song"
59. Illegally hunt
62. "__ She Sweet"
63. Pre-Fri. day
64. Arm joint
65. Robert of TIFF 2014 film "Maps to the Stars"
68. __ Arabia
69. 'Capri' suffix
70. Julianne who stars in #65-Across
71. Frequently
72. Gibraltar, e.g.
73. Pretended

Down
1. Nail alternative
2. Bif Naked's "_ __ Myself Today"
3. Particular parrot
4. Sitcom planet
5. Omaha's state, briefly
6. Brawn
7. Stop-__-__
8. Of the nose
9. Nor'__ (Atlantic storm)
10. Canadian broadcaster, Peter __ (b.1934 - d.2002)
11. Germanic letter
12. 'Ranch' suffix
13. Shipbuilding wood
18. Mr. Vigoda's
24. Kay's follower
25. Coral formation
26. Competitor
29. Thingy
30. "Cheers" patron
31. Singer Macy
32. Canadian director Mr. Egoyan
33. Resist
34. Jim Morrison, for one
35. Ms. West
36. Devoured
37. Deserving
41. Country's Mr. Arnold
42. Give out
45. Jason Priestley's show "Beverly Hills, 90210" has a what in it?: 2 wds.
48. Row
50. The Ever After of __ Rao (Current best-seller by Nelson, BC born novelist Padma Viswanathan)
51. Mr. Dillon
53. Organized crime chiefs
54. "Have a Little Faith in Me" by John __
55. Prefix with 'continental'
56. "Don't worry.": 2 wds.
57. Comic actor Pauly
58. Adjusted, as pitch
59. Money in Mexico
60. Patron saint of Norway
61. Border on
66. Global currency org.
67. Cacharel perfume

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	3	7	4	9	6	2	1	5
2	5	6	1	7	3	4	9	8
9	1	4	2	5	8	6	7	3
3	2	9	6	1	4	5	8	7
7	4	5	3	8	9	1	2	6
6	8	1	5	2	7	3	4	9
1	6	8	7	3	2	9	5	4
5	9	3	8	4	1	7	6	2
4	7	2	9	6	5	8	3	1

5			2		4			8
	4		1		8		9	
		3				6		
		9	3		5	4		
1								9
		2	8		6	3		
		7				8		
	8		6		1		7	
9			7		3			4

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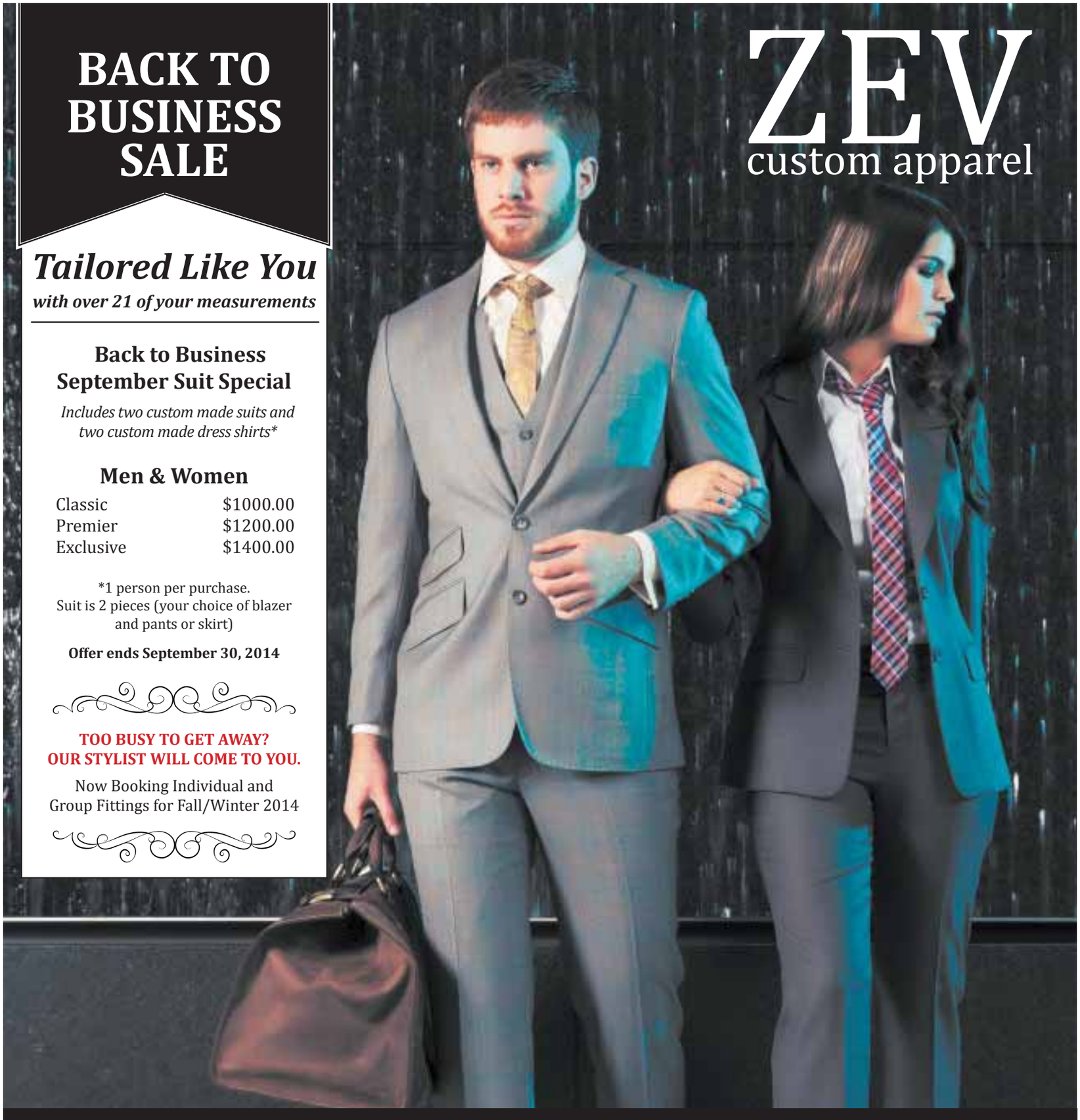

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